

Trusted Adults and Children's Rights



Children and young people have rights. In Scotland, these are protected by the **UN Convention on the Rights of the Child (UNCRC)**, which is now part of Scottish law.

This guide shows what children's rights mean in everyday life and what can happen if a child feels their rights are not being respected. It highlights the role of **trusted adults** who listen, take children seriously and help them find support.

Children should feel safe to share their views, ask questions and raise concerns. By working together, children and trusted adults can help make sure children's rights are understood and respected.



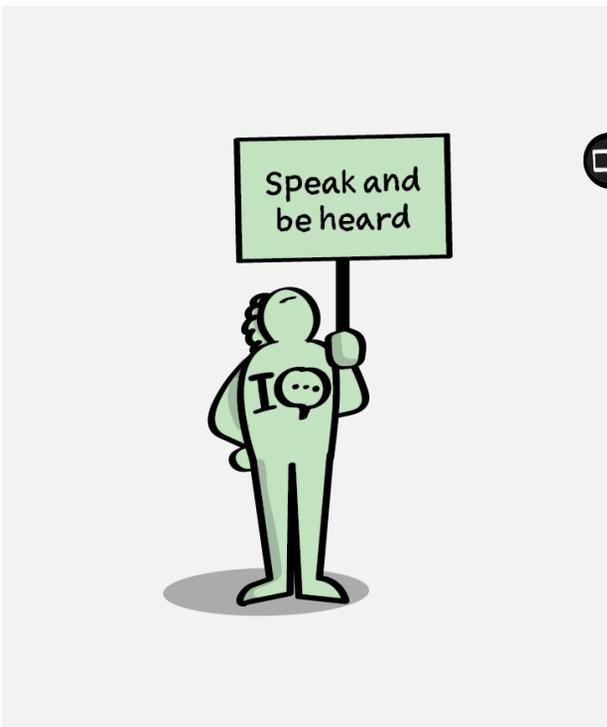
**The UNCRC Act 2024
makes children's rights
part of Scottish law**





The UNCRC Act 2024 is a promise to respect and protect children's rights including:

- To be listened to and taken seriously
- Best interests of the child
- Protected from exploitation
- Protected from hurt and being badly treated
- Protection against discrimination
- To play and relax



Article 12 of the
UNCRC states:

**“children have the
right to express
their views freely
in all matters
affecting them”**

**Every child
should have
their rights met**



But when something isn't working, what should they do?



When children feel their rights aren't respected there are people who can help...

Trusted adults together with children, can create positive change and make things better for everyone.



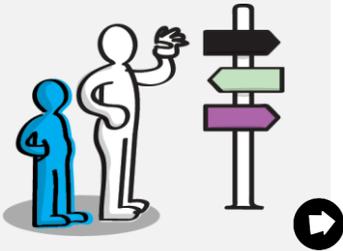
Who are trusted adults?

Youth workers - Health workers - Parent/ carer/ family members - Advocacy workers - School staff - Social workers



What are their qualities?

- Non-judgemental
- Friendly
- Trustworthy
- Caring
- Kind
- Respectful
- Supportive
- Understand children's rights
- Believes in children
- Child-centred



Trusted adults listen and help plan what's next



Working together to find solutions

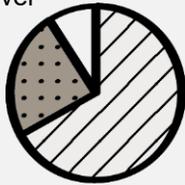


Children are heard and their views are respected

Trusted Adult Support

9%

Rarely/Never



67%

Always

24%

Not always

* Health and Wellbeing
Census 21/22 findings

Trusted adults may seek information for support:

- Parents/carers: Parent Club.
- Professionals: Skills and Knowledge Framework.



Safety concerns may require sharing information.

Some children may need additional professional support.



Advocacy – Helps ensure children’s rights are heard and respected.



Children and Young People’s Commissioner – Listens to children and young people.

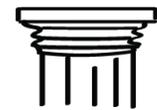


Law centres – Specialist lawyers help children understand their rights.

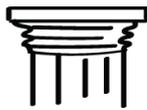


Complaints – Child-friendly processes help children raise concerns.

**Scan the QR codes to find resources, guidance,
and tools that support children’s rights in practice.**



Skills and
Knowledge
Framework



Parent Club
resources



Activate Your
Rights



Complaints
Journey

Children and young people should feel able to speak up when something does not feel right. **Trusted adults** can listen, take concerns seriously and help decide what to do next.

Sometimes extra help may be needed. This could include **advocacy, complaints processes or specialist support** to make sure children's views are heard.

By listening to children and working together, we can help make sure their rights are respected in practice.

Working together,
we can make sure
children's rights are
respected



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